

Fruit Dip

Cook time: 15 minutes

Makes: 4 servings

Lime juice and orange concentrate gives this yogurt dip a tangy and sweet flavor. Serve it with your favorite fruits.

Ingredients

1 cup yogurt, low-fat vanilla (8 oz)

1 fluid ounce orange juice, 100% juice, frozen concentrate (thawed)

1 tablespoon lime juice

1/2 tablespoon brown sugar

2 apple (red, cored and sliced)

1 pear (cored and sliced)

1 peach (pitted and sliced)

Directions

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Source: California Department of Health Services, Discover the Secret to Healthy Living California 5-a-Day—For Better Health! Campaign

Nutrition Information

Nutrients	Amount
Calories	143
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	40 mg
Total Carbohydrate	32 g
Dietary Fiber	4 g
Total Sugars	27 g
Added Sugars included	6 g
Protein	4 g
Vitamin D	0 IU
Calcium	112 mg
Iron	0 mg
Potassium	384 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	1 1/4 cups
 Dairy	1/4 cup